

**The Krysti Bingham  
Cerebral Palsy Foundation, Inc.**

*Presents our  
3rd Annual BICYCLE RIDE*

**The GREAT  
PUMPKIN RIDE  
of Delaware**

**REGISTRATION**

**30 & 62 MILE RIDES:**

Pre Registration .....	\$20
Pre Reg. w/T-shirt .....	\$30
Same Day Registration .....	\$25

**7.5 MILE FAMILY FUN RIDE:**

Pre Registration .....	\$5
Pre Reg. w/T-shirt .....	\$15
Same Day Registration .....	\$5

Family Fun Ride participants must be accompanied by an adult.

(Limited # of T-shirts will be available on the day of the event) .....	\$10
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***HELP US HELP THEM!***

The Great Pumpkin Ride is not a pledge-required event, but all money raised will assist the Krysti Bingham Cerebral Palsy Foundation's mission to provide long-term housing to people with special challenges. If you raise money in addition to the ride entry fee, we will reward you with a bike shop gift certificate. Raise more money, get a bigger gift certificate!

\$100 .....	\$20 Bike Shop Gift Certificate
\$250 .....	\$50 Bike Shop Gift Certificate
\$400 .....	\$100 Bike Shop Gift Certificate
\$750 .....	\$200 Bike Shop Gift Certificate
\$1000.....	\$300 Bike Shop Gift Certificate

**DIRECTIONS**

**FROM NEWARK, DE:**

- 896 South
- follow 896/301 South toward Middletown
- continue on 301 South/71 South/896 South
- follow 301 South/71 South at split with 301
- from the 71/301 split, follow 71 South 5.4 Miles
- turn right onto Main Street (Townsend)
- follow signs

**FROM DOVER, DE AND THE SOUTH:**

- 13 North
- Left on Rte 71 North (Summit Bridge Rd)
- follow 71 North 1.6 Miles
- turn left onto Main Street (Townsend)
- follow signs

**FROM WILMINGTON, DE & NORTH:**

- 95 South
- 1 South
- cross C&D Canal
- continue on 1 South
- exit to Middletown/Odessa/Townsend
- left at end of ramp to 13 South
- right on 13 South
- continue on 13 South
- turn right on Pinetree Corner Rd. to Townsend
- follow signs

**L.A.B. GUIDELINES FOR SAFE ROAD RIDING**

*Bicycle safety on the road is your responsibility. As a bicyclist you have the same rights and responsibilities as other road users. Be predictable, be alert, and be responsible.*

- Ride predictably, just as you would if you were operating a motor vehicle. Blending in with the normal traffic flow is the safest way to ride.
- Always ride on the right side of the roadway, with the flow of traffic. Riding on the left significantly increases your chances for being involved in a crash, especially at intersections, where motorists won't expect you to be.
- RIDING ON THE RIGHT IS THE LAW.
- Obey all traffic signs, signals, and other traffic control devices.
- Always yield to overtaking traffic, and then signal before turning or changing lanes.
- Ride single file, unless the law and traffic conditions allow you to ride two abreast.
- Yield to other vehicles and pedestrians when traffic law requires you to do so.
- Be highly visible. Wear light, bright-colored clothing in daylight. At dusk and when it's dark, be sure to use a bright white headlight and a red rear reflector. To make yourself even more visible at night, use additional reflectors on your bicycle and consider wearing reflective material on your body.
- Always look behind you before turning or changing lanes. If you use a mirror, remember to look back, too, so you don't miss seeing an overtaking vehicle in your mirror.
- It is your job to see that the way is clear before turning or changing lanes.
- Maintain your bicycle regularly so it is safe and dependable.
- Carry all cargo on a rack, in bike bags or in panniers. A backpack may also be used for light loads but make sure the straps are pulled tight so the bag doesn't dislodge while riding.
- DO NOT hang packages off the handlebars or carry them in your lap.
- Choose your route carefully, using a bike map if available. If possible, choose wider roads with less traffic and slower speeds.
- Always chose roads that are within your skill level (training, experience, competence).
- Give your full attention to traffic and the road surface. Beware of such road hazards as rocks, potholes, gravel and dogs.
- LAST BUT NOT LEAST, WEAR A HELMET AND GLOVES EVERYTIME YOU RIDE.

All of the above safety will help to prevent a crash or fall. A helmet and gloves will protect you in the event that a crash or a fall cannot be avoided.

***Costumes Optional!!***

**The Krysti Bingham  
Cerebral Palsy Foundation, Inc.  
with CareLink Services, Inc.**

*Presents our  
3rd Annual BICYCLE RIDE*

**The GREAT  
PUMPKIN RIDE  
of Delaware**

***62 Mile and 30 Mile &  
7.5 Mile Family Fun Ride***

***Saturday,  
October 28th,  
2006***

**Townsend, Delaware**

**8:00 a.m. Start**

**7:00 a.m. Registration**



**Sponsored by duPont Engineering**

# The REASON

## THE KRYSTI BINGHAM CEREBRAL PALSY FOUNDATION, INC.

The KBCPF was founded by Dianne Bingham to help other families and persons who have been presented with special challenges. Named in honor of Dianne's daughter, the Foundation's mission is to create home-like, long-term residences that are an alternative to institutional facilities and nursing homes. The Foundation's first home, The Black Diamond Hope House is scheduled to open in Smyrna, DE in the Fall of 2007.

## The RIDE

OCTOBER 28, 2006  
7:00 AM Registration, 8:00 AM Start

Our Third Annual Ride will be a great time for riders of all abilities. We offer 30 and 62 mile options on quiet rural roads. Most sections are flat, but a few slight inclines and rough sections provide a bit more challenge. We added a 7.5 mile Family Ride as well this year. Riders at last year's event told us that we were the friendliest ride around! We intend to have even more fun this year with our Halloween Season Theme. Come in costume if you want, or just come to ride.

The ride begins and ends in quiet Townsend, DE. The ride is supported by skilled bicycle mechanics who are available to assist riders with mechanical problems, and by vehicles capable of transporting tired riders and their bicycle. Medical assistance will be on stand-by in the event of injury. The 30-mile route has one rest area while the 62-mile option has two. Tasty snacks and beverages will be provided. Light snacks and fun for the kids will be available after the Family Fun Ride.

Please remember that helmets are required and those under 16 must be accompanied by an adult.

## THE TECHNICAL STUFF

In consideration for being permitted to participate in any way in the 2006 Krysti Bingham Cerebral Palsy Foundation, Inc. ("KBCPF") 2<sup>nd</sup> Annual Bicycle Ride, ("ACTIVITY") on October 28, 2006, I, for myself, my personal representatives, assigns, heirs an next of kin: 1. ACKNOWLEDGE, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such Activity. I further acknowledge and accept that it is my responsibility to consult with my own personal physician about my physical health, fitness, and ability to participate in the Activity and will do so before participating in the Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of public roads and motor vehicular traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity. 2. UNDERSTAND that all participants in the Activity are required to wear BICYCLING HELMETS, and I agree to wear a bicycle helmet while riding a bicycle as part of any event connected with the Activity. 3. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of other



Mail to:

***The Krysti Bingham  
Cerebral Palsy  
Foundation, Inc.***

5577 South DuPont Parkway  
Smyrna, DE 19977  
302-653-6559

Please visit our website at  
[www.krysti.org](http://www.krysti.org)

## The GREAT PUMPKIN RIDE of Delaware REGISTRATION

All participants must complete a registration form and sign a release. Helmets are required. Family Fun Ride participants and riders under 16 must be accompanied by an adult.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

ROUTE: (check one)  7.5 Family Fun Ride

30 Miles  62 Miles

EMERGENCY CONTACT:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

PAYMENT ENCLOSED:

7.5 Mile Family Fun Ride (\$5) \$ \_\_\_\_\_

30/62 Mile Bicycle Ride (\$20) \$ \_\_\_\_\_

Additional Donation (optional) \$ \_\_\_\_\_

T-SHIRTS:

If you would like to purchase t-shirts at \$10 each, please indicate the size and quantity below. We can only guarantee your t-shirt size if you order before September 20, 2006.

ADULT SIZE	QTY.	CHILD SIZE	QTY.
Small	_____	Small (6-8)	_____
Medium	_____	Medium (10-12)	_____
Large	_____	Large (14-16)	_____
X-Large	_____		

T-SHIRT TOTAL Enclosed: \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

(MC/VISA Accepted Day of Event – Photocopy as necessary)

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be complete and unconditional release of liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

I affirm and certify, under penalties of perjury, that I am over 18 years old and competent to execute this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT.

Participant's Signature \_\_\_\_\_

Signature of Parent/Guardian (if under age 18) \_\_\_\_\_

Date \_\_\_\_\_